

MRS. WILSON GIVES SOME STANDARD RULES

To Be Followed in Ordinary Cooking of Everyday Meals. Recipes for Boston Pie and a Fruit Salad

By MRS. M. A. WILSON

USE standard recipes for soups. Have and use standard recipes for preparing meat, poultry, eggs, brains and cutlets. Uniformity counts for very much. It prevents waste; also, do not serve lima beans, peas, macaroni at the same time. These vegetables contain a large amount of starch and therefore should be served separately.

Do not get into a rut, vary the meals as much as possible. The most important of the same food day in and day out is a detriment to success. Here are a few ways to vary the menu.

Prepare and bake small squares of plain pastry, say about 2 1/2x3 inches in size. When serving braised ribs of beef, lay the square of pastry baked on top of the meat. Do this with an Irish stew, beef a la mode and so on.

Try this method for chicken pot pie. Prepare the chicken and cook until tender, taking care to have plenty of gravy. Season and then thicken the gravy slightly with starch. Have the potatoes cut into quarters and cooked until done, but not soft. Cook one medium sized onion for each service. Cook a sufficient number of carrots to allow one-fourth for each service.

Now to serve: Put four quarters of potatoes on a platter and then lay on the portion of chicken, then the onion and carrots. Cover with gravy, season to taste. Sprinkle with finely chopped parsley. Now place on the square of baked crust and serve. This is a quick way to serve chicken to a large number of people. The parsley may be dried, rubbed free from stems and placed in a jar; it can be used when the fresh green parsley is scarce and expensive.

Notes—One level tablespoon of cornstarch to each cup of liquid is the proper allowance for thickening, or one cup cornstarch for each gallon of gravy.

A Few Standard Kitchen Rules Use weight for correct measure where speed is required; it would take too long to measure in the tea or table spoon.

Standard Measurements for Cream Soup One and one-half ounces of flour, One quart of milk.

For Cream Sauce Three ounces of flour, One quart of milk.

Molds, Cutlets and Croquettes Six ounces of flour, One quart of milk.

When making cream soups, one-third chicken or other good clear stock may be added in place of the milk. Do not use fat in preparing soups, sauces, etc.

A Rollable Biscuit Rule One pound of flour, One ounce of baking powder, One-quarter ounce of salt, Two ounces of shortening, One and one-half eggs, etc.

Mix the dry ingredients well by sifting and then rub in the shortening. Mix to a dough with the milk and knead well, then roll or pat out three-quarters of an inch thick. Cut with two-inch cutter and brush the tops with milk. Bake in a hot oven for fifteen minutes. This amount makes thirty biscuits.

For Sweet Biscuits Add to the biscuit recipe Three-quarters cup of sugar, or six ounces, Two ounces of raisins, chopped fine.

For Shortcake Add to the biscuit recipe Three ounces of additional shortening, Four ounces of sugar.

The biscuit dough can be made into meat biscuits by adding one cup of finely chopped ham, beef or chicken. Try rolling it one-quarter inch thick, spread with chopped green peas, and cut with a sharp knife into strips.

Menu Contest Honor List Jean P. Rankin, Phoenixville, Pa. MENU Clear Tomato Soup, Home-Made Boston Baked Beans, Steamed Brown Potatoes, Sweet Potato Purée, Cole Slaw, Baked Apples, Coffee, Whipped Cream.

SALES SLIP Tomatoes, seasoning, .10 One pound baking beans, .25 Three-quarters pound salt pork, .25 Molasses, seasoning, .03 Graham flour, wheat flour, salt, soda, molasses, .15 Two eggs for puffs and slaw, .11 Sweet potatoes, .05 Small head cabbage, .05 One-half pint milk, .05 Butter, .06 Four large apples, .10 One-half pint cream, .20 Coffee, .08 Sugar and vanilla, seasoning, .08 \$1.48

Mrs. B. R. Feldser, Bloomsburg, Pa. MENU Milk Soup with Egg Rivals, Meat Loaf Baked in Tomato Soup, Boiled Potatoes, Fried Bread, Spiced Peas.

SALES SLIP Tomatoes, seasoning, .10 One pound baking beans, .25 Three-quarters pound salt pork, .25 Molasses, seasoning, .03 Graham flour, wheat flour, salt, soda, molasses, .15 Two eggs for puffs and slaw, .11 Sweet potatoes, .05 Small head cabbage, .05 One-half pint milk, .05 Butter, .06 Four large apples, .10 One-half pint cream, .20 Coffee, .08 Sugar and vanilla, seasoning, .08 \$1.48

Mrs. S. R. Duncan, A 6115 Jefferson St., Phila. MENU Consomme of Beef, Beef Croquettes, Canned Yams, Braised Stuffed Peppers, Butter, Iced Tea, Spanish Cream Pudding.

SALES SLIP One and one-half pounds beef, .35 One and one-half pounds potatoes, .15 Two peppers (brained), .07 Parsley, onions, braised, .07 Bread for filling, .07 Lettuce, .08 Fruit, .08 Sugar, .08 Lard for shortening and frying, .20 Flour and seasoning, .20 Butter, .08 Three eggs, .15 Tea, lemon, .05 Gelatin, .05 Milk, .08 \$1.48

Mrs. Joseph Coleman, 8311 North Sixteenth Street MENU Baked Potatoes, Baked Filling, Baked Potatoes, Asparagus Salad, Bread, Butter, Coffee.

SALES SLIP Skirt steak, .49

A WELL-PLANNED KITCHEN



A small room, carefully arranged to save as many steps as possible. The United States Department of Agriculture gives some suggestions about the material and placing of sinks

One of the biggest savers of time, strength and labor in the kitchen is the sink. Yet many women are struggling along with none at all, or, at best, a poor and badly placed one. The following suggestions in regard to sinks are given by household specialists of the United States Department of Agriculture.

The size of the family and of the kitchen must determine the size of the sink, but a short sink with ample table and shelf room may be more convenient than a long sink. Two smaller sinks, one for the table dishes near the dining room and the other for general use in the kitchen, are very convenient.

The material should be the best available, nonabsorbent of grease as well as of moisture, and there should be no cracks or square corners to increase the work of keeping it clean. A wooden sink, even when it receives an annual coat of paint, will absorb moisture and grease, which attract insects, and is likely to be awarining with bacteria and to "sour" and have an unpleasant odor.

Even drainboards of wood are not recommended unless they have a waterproof finish of varnish, oil or paint. If a wooden sink is necessary, it is better to have it metal lined, provided the sheets of metal, which are usually tin, zinc, galvanized iron, copper or lead, are soldered where they are joined and all parts of the sink, including the tops of the sides, are covered with the metal, so that there is no chance for the wood to absorb moisture. Another plan is to have a cement sink built into a wooden frame and lined with sheet copper or tin.

Sinks of good quality are superior to wooden ones, since they do not absorb grease or moisture and are durable. They are easily kept clean if smooth and they do not stain. However, they have the disadvantage of neither showing dirt nor proclaiming their cleanliness. Unless the front is protected by a strip of wood, the dresses and aprons of the worker are likely to become stained with iron rust if the sink is not protected.

Enamelled-iron sinks are smooth, last well with careful use, and may be easily kept clean, but they are more expensive than iron. Forezain sinks are similar to the enameled ones, but their price is almost prohibitive. Perhaps the ideal plan, if cost is not to be considered, would be to have the tableware in the kitchen or the pantry near the dining room and an iron or soapstone sink for the heavy kitchen ware.

The plumbing should be easy of access, and therefore it is better that there should be no closet under the sink. Hooks or shelves under the sink or near it will accommodate everything usually kept in the dark, often musty, "sink closet" of older kitchens. A "sink closet" can be made by attaching a door to the sink, and it means extra work to do it.

If possible, there should be a wide shelf or drain board on each side of the sink on the level with the rim of the latter, one to receive soiled dishes and the other clean ones. Some housekeepers have these covered with zinc. As in all other places where it is used, the metal must be neatly fitted and closely fastened down so as not to leave any chance for loose, rough edges, or to provide breeding places for insects and lodging places for grease and dirt. If there is no place for permanent drain boards, sliding or hinged shelves may be used. A right-handed person usually holds the dish in the left hand while washing or wiping it, and the dishcloth, dish mop, or towel in the right hand. It is convenient, therefore, to have the dishes move from right to left as they pass from dishpan to rinsing pan, and from rinsing pan to drainer and tray. This should be kept in mind, and provided for in the kitchen plan, and for a drain board at the left of the sink.

THE UNWELCOME WIFE

By HAZEL DEVO BACHELOR

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Anthony Harriman marries Charlotte Graves and brings her to the city, where she announces does not fit into the life of the younger set. One day Tony by chance introduces her to Nick Fowler, a man whose life tells her that she would have taken a lovely girl, as she would have taken a lovely girl.

The Homecoming

AFTERWARD Charlotte had an ice cream soda, and it wasn't until Nick called a taxicab to take her home that she realized what she had done. Tony had told her not to have anything to do with this man and she had deliberated with him and she had deliberated what she should do.

Needs Little Care

Galvanized iron is iron covered with zinc and does not rust nor tarnish. It is very durable and is extensively used for water pipes, garbage cans, and other utensils that receive hard usage. The only care that it requires is washing in hot soap suds or a weak soda solution, rinsing and drying.

A "Tailored" Boot

Of nut-brown Russia with wing-tip perforation and the new height of heel: \$14.00

Steigerwalt Boot Shop 1420 Chestnut St. Where Only the Best is Good Enough

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WE ARE SELLING A FINE LOT OF Afternoon and Evening \$29.50 DRESSES— Sports and Dressy \$35.00 SUITS— TOP COATS and \$35.00 WRAPS— A very wonderful selection

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Relay on Cuticura To Clear Away Skin Troubles

Relay on Cuticura To Clear Away Skin Troubles. Cuticura is the only skin medicine that cures itching, burning, and all other skin troubles.

Please Tell Me What to Do

By CYNTHIA

Gift to a Young Man Dear Cynthia—Is it proper for a girl to give a young man a Christmas present if she is not engaged to him? PECKY. It is not improper to give a Christmas present to a man if he is a close friend, but it should not be a very expensive present nor a personal one.

Cynthia Declines to Print Letter T. B. P.—Somebody put something over on Cynthia in that answer to your letter. Read the later editions that day and you'll see said column was proof read by Cynthia and arranged as she intended.

Are you really married? Always glad to have your letters. Where's the account of the trip to Europe?

Give it Up Dear Cynthia—Having read your column for several months and being impressed by the helpfulness of your advice, I now turn to you for help in a distressing situation. I am a young man, twenty years of age, but an extremely small and underdeveloped man. I met a young lady and immediately fell in love with her. Now, Cynthia, I really do care for her, but she is a considerable size, and I am not sure that I can support her. What shall I do? DUCKY.

Send a Book Dear Cynthia—I have long been an interested reader of your column and now I am coming for some advice. I am a young man, twenty years of age, but an extremely small and underdeveloped man. I met a young lady and immediately fell in love with her. Now, Cynthia, I really do care for her, but she is a considerable size, and I am not sure that I can support her. What shall I do? DUCKY.

Says the Fault Lies With A. L. T. Dear Cynthia—Once again I come to protest: this time at the letter of A. L. T. I am a graduate of the West Philadelphia High School and the memories of those days are treasured as those of a time when I was most happy and care-free. To my knowledge, there are twelve clubs which are open to A. L. T. to join besides her class activities. If you are aware of this, I would like to see your mirror and see whether there is a smile or a look of discontent on your face. I am sure you will be glad to see me in the fun, don't wait to be pulled in! Thank you, Billie, for your fine spirit. I'm sorry but don't know you. William Penn High is a mighty fine place. By the way, Cynthia, many thanks for printing my former note. It seems that De Jure has given up the ghost. Does it not? SOMEBODY'S PAL

It Has Not Been Successful Dear Cynthia—I have read the letters of many loneome-boys and girls who come to you for advice. I am sure that these loneome boys are strangers. Thought I was born, reared and lived in Philadelphia all of my seventeen years. It would not surprise you that I have no friends. I tried to go out with several groups of young fellows, but they are all the same, hang around corners and insult everybody that comes along. Now I want to know why doesn't some society or wealthy people start a club for loneome boys and girls and charge a fee of \$1 a week to keep the club running? This idea seems all right to me. There are many clubs throughout the city for ex-servicemen, but not clubs for boys and girls! If this system would be started, it would make better men and women of the boys and girls of today. There would be less crimes and more brotherly love between these children of Philadelphia. Most boys and girls to make friends drift to the street corners and get in with bad company. Why don't some city officials, wealthy men or newspaper help the young men and women who are loneome? I speak in their behalf and my own. Why not?

Window Hints Painted window shades of translucent material have superseded lace shades, though the latter are still used at court windows of apartments, as they shut out intrusive glances of all too-near neighbors without excluding the all too-messy light.

For Wooden Tables Unfinished wooden tables require much scrubbing and under constant use become stained and unsightly. Sheet zinc is often used on table tops. It should be brought well over the edges and fitted and tacked carefully so that no water can get underneath and so that no sharp edges are exposed. Zinc has the advantage of being proof against hot stoves, but it is affected by both acids and alkalis and is, therefore, rather hard to keep in condition. It is not a suitable material to come in contact with many foods, household specialists of the United States Department of Agriculture recommend zinc only for use for covering tables, but inoleum, although more expensive, is far more durable and especially well fastened to the table with waterproof cement.

WHAT'S WHAT

By HELEN DECIE



A man raises his hat when he is with a woman who bows to another person, when with a man who bows to a woman, when he is with a woman and greets another man in passing, and when he is joining or leaving a woman, it only his wife. The hat should be lifted when extending any courtesy to a woman who is a stranger.

It is customary to take off the hat when the national anthem is played. The lifting of the hat when a funeral passes is a beautiful custom more prevalent in Europe than in the United States. The general rule here is that a man shall raise his hat to a woman, to an old man, to a clergyman, and to a respected college professor or state official. Some ultra-punctilious men remain with hands uncovered even during inclement weather, while they are conversing with women. In this valance board, women will request Don Quixote to replace his protecting helmet.

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WE MUST BE GOOD SPORTS AFTER THIS ELECTION

It Makes No Difference Which Man Is Elected, He's Our President Now and We Have to Meet Defeat Gamely and Give Him Our Loyalty

WELL, today's the big day. Our first vote! Were you thrilled today as you looked over your ballot?

Did you have a funny feeling of being a part of the government when you marked your wobbly little cross, or your firm, clear one, or whatever kind you made?

You must have had a certain sense of pleasure and excitement that your very first vote should be cast for a presidential election—the biggest event in your political life, and the biggest event in the life of the nation.

And now, what are you going to do about it? You've been looking forward to this election with more or less excitement, according to your temperament and your attitude toward suffrage.

SOME of you have been completely absorbed in the campaign, have read, listened and listened as much as possible; it was your duty, you felt, now that you had the vote, to know what you were voting for, and why.

Others have been lukewarm. "I never was very much perturbed about not voting," you have said. "And I don't see why I should bother my head about it now. Let the woman who wanted it work over it. I have other things to do."

Or perhaps you have been too busy with four or five children or a huge family wash each week, or an engagement for every minute of every day, to take the time for it.

And perhaps you have just simply not been interested. However you have gone at it, whether you have voted or not, there's still something that is up to you.

And that is this: You have to be a good sport.

GIRLS don't learn so much about voting good sports in school as boys do; they don't learn to accept defeat in a contest gamely.

And that is what some of you will have to do now: for some of you are republicans and some of you are Democrats, and one side is going to be disappointed.

This is the time for you to put aside your party, after election; if you are a Democrat and your candidate was not elected, you'll have to stop talking against Harding and support him as hard as you can go it.

It's the only sporting thing to do. It will be hard for us women to do.

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Women and the Vote

Among the women who have registered in Chicago to vote in the coming election is Mrs. Eleanor Gridley, who claims to have been the only woman present at the birth of the Republican party at Jackson, Mich., July 6, 1854.

In Wichita, Kan., it has been decided to use the churches as polling places, owing to a protest from the women against being obliged to vote in livery stables, barber shops and undertaking parlors, and other places which they denounced as unfitting for them to enter.

Things You'll Love to Make

Window Wedge



"Flattening windows time" is here; but that need not bother you if you make a few of these Kitty wedges. Cut Kitty from two or three thicknesses of cardboard. Glue them together. Paint or enamel Kitty white black or gray. (If you have a thin piece of wood, cut the wedges from that.) Having a few of these Kitty wedges will help you to spend more comfortable winter evenings. FLORA.

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For three generations our house has made an exclusive study of floor covering problems. This accumulated experience, coupled with an unsurpassed stock, offers you an exceptional opportunity to attractively furnish your home at moderate cost. Many of the rugs and carpets have just reached our display floors from our own looms. They are

New—Bright—Distinctive Bundhar Wilton Rugs

Durable as Iron From the small mat size, 22 1/2x36 inches, at \$8.75, to the unusually large living-room rug, 12.9x19.6 feet, at \$350. And more than 100 other sizes in between these two, the greater number of which are unobtainable elsewhere.

The 9x12 size is now priced \$128

French Wilton Rugs Fine as Silk Hardwick Wilton Rugs Perfection in Weaving Size 9x12 now \$170 Size 9x12 now \$142

Bundhar Wilton Carpets, \$6.50 a Yard Rego Wilton Carpets, \$5.00 a Yard

Announcing a Sweeping Reduction of 25 Per cent on our entire stock of Chinese Rugs

(All Sizes) The majority of these superb pieces are in shades of blue of rare beauty.

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